



### Raising awareness

Margaret Trudeau speaks on bipolar depression. Page 8

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



### An amazing finish

Cross-country's Jason Smith is 4th best in Canada. Page 11

MONDAY, NOVEMBER 30, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

41ST YEAR — NO. 26

## FASHION SHOW CULTIVATES CULTURAL AWARENESS



PHOTO BY ALEX COOKE

Models in the multicultural club's fashion show, left to right, Aleena Aftab, Christina O'Connor-Wong, Sehar Rizwan, Smeeta Sharma and Sobia Hameed, take time out from a victory dance celebration for a photo, after successfully holding a fashion show. See Page 7 for additional photos.

## Conestoga celebrates diversity

By ALEX COOKE

There are many cultures represented in the faces of Conestoga students.

Between Nov. 16 and 20, Conestoga College celebrated that mosaic with Cultural Diversity Week at Doon campus.

All week long the cafeteria featured a different international cuisine each day from countries such as Turkey, Italy, Greece and Indonesia.

Angela Maslowski, a first-year marketing student, was excited to try the Indonesian curry lunch featured on Nov. 18.

"It tasted amazing," she said. "I love curry."

Displayed in the Library Resource Centre all week was a board with a list of the Seven Wonders of the World, and a large pad of paper inviting students, faculty and staff to list the landmarks they think should be a world wonder. The LRC also displayed books on multicultural subjects, including the Galapagos Islands, ancient Aztec ruins

and great bridges across the world.

Outside the Conestoga Students Inc. office, a map of the world, as well as sheets of little red dot stickers, were displayed all week so those passing by could mark a spot or two around the world they felt connected to. By the end of the week the map was covered in red dots, spreading across Europe, Asia, the United States and South America. There was even a lone dot sitting in the middle of Antarctica, but that just might have been a joke.

Conestoga's multicultural club members performed in a fashion show, featuring popular fashions of India.

The girls wore brightly coloured saris and two young men modelled comfortable kurta-style pyjamas.

With just two days to prepare, first-year business foundations student, Smeeta Sharma, pulled together seven other students and took to the catwalk in the Atrium from 12:30 to around

1 p.m.

"The models did a fabulous job," Sharma said. "It was literally last-minute notice for a couple of them."

Originally to start at 12:30 in the Sanctuary, the show was delayed 10 minutes so Sharma could get to the finishing touches.

Once the fashion show was over, the models exuded an air of relief and excitement at having strutted their stuff. Several of the girls posed for friends' pictures, and danced to the Indian pop-music blasting from speakers behind a black curtain.

As a member of the multicultural club, Sharma welcomes any student to join and put forth his or her ideas on how to bring a sense of unity at Doon campus.

"We want to let people know we are here for them," Sharma said. "We also know that a student's first focus is on school."

The club has started a Facebook page so ideas can be shared more easily and frequently.

## MURAL MASTERPIECE NOW COMPLETE



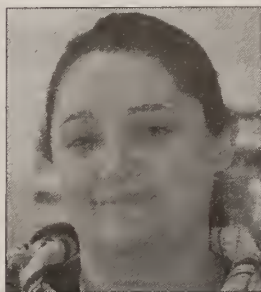
PHOTO BY JANELLE SCHEIFELE

James Bell, left, a third-year graphic design student, stands with the most recently installed part of the mural in the Atrium. Bell was part of the team that initially designed the mural and has seen it through to completion. Tom Bishop, a professor of graphic design, was the faculty supervisor. For story and more photos see Page 6.



## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could ruin one band's career,  
which one would it be?



"Fallout Boy. They annoy me!"

**Lisa O'Malley,**  
second-year  
office administration

"Creed because they suck at life."

**Trish McNaughton,**  
second-year  
office administration



"I wouldn't want to ruin their career, just tell them to be more careful because they are role models. Be more careful with their fame."

**Holly Fretz,**  
first-year  
general arts and science

"Hedley because I am from where they are originally from and Jacob Hogart is an asshole."

**Mark McIntyre,**  
first-year  
general arts and science



"Coldplay for stealing Joe Satriani's song."

**Andrew Shepherd,**  
first-year  
radio broadcasting

"Nickelback."

**Jordan Chalmers,**  
first-year  
radio broadcasting



Smile Conestoga, you could be our next respondent!

# Residence rocks out

By SARAH MACINTOSH

Students were rocking out to loud music in the games room at Conestoga residence on Nov. 18, as it was the last night for bands to perform and show off their talent in the three-week Rock Band tournament.

The band, Super Smash Bros, won first place with a total of 905.3 points. The second-place band, B4L, ended with 851.9 points and third place went to The Kalm, who finished with 822.9 points. All three bands won "res points" but first place received the highest amount.

Res points are part of the Residence Rewards program which was set up to help encourage students to get involved within the residence community. Four times a year all the points are added up and the top 10 students with the highest number of points receive prizes.

During the Rock Band tournament, a stage and a big-screen projector were set up in the games room downstairs so that students felt like stars while jamming out to songs



PHOTO BY SARAH MACINTOSH

Mike Cowling, Clarke McDonald, Dex Sibley and Bryan Barresi rock out onstage to Mississippi Queen. They were competing in a Rock Band tournament at the Conestoga residence Nov. 18.

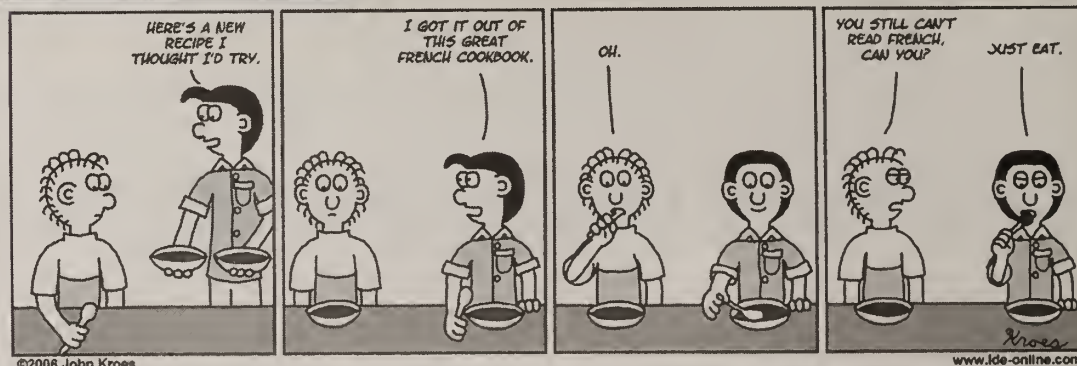
such as Mississippi Queen and Shooting Star.

The bands consisted of a singer, two guitar players and a drummer. The competition had eight bands show up on the first night of the tournament and on the last night there were only four bands remaining to compete.

Students Caroline Blythe and Jacqueline Campbell

watched the bands perform every Wednesday at 8 p.m. and then decided the winners. Each band was evaluated based on their stage performance and song difficulty. Results were tabulated based on the best two out of three performances. Blythe and Campbell also took into consideration the accuracy percentages from the game itself.

### LAST-DITCH EFFORT



## WHEN DATING TURNS DANGEROUS

### Emotional abuse

It is often difficult to recognize and identify emotional abuse because; unlike physical assault there are seldom visible signs of the abuse. Nevertheless, emotional abuse may be the most painful and damaging aspect of an abusive relationship.

### How are you affected?

- ❖ Do you feel that your partner controls your life?
- ❖ Do you feel that your partner does not value your thoughts or feelings?
- ❖ Will your partner do anything to win an argument, such as put you down, threaten or intimidate you?
- ❖ Do you feel that you cannot do anything right in your partner's eyes?
- ❖ Are you told that no one else would want you, or that you are lucky your partner takes care of you?
- ❖ Do you have to account for every moment of your time?
- ❖ When you try to talk to your partner about problems, are you called names such as a bitch or idiot?

If you recognize these behaviours in your partner, you may be in a dangerous relationship. Counsellors are available in the Counselling Office, Doon Campus, Room 1A101, 748-5220 ext 3360, Guelph Campus, Admin. Office, 824-9390 ext. 148 or Waterloo Campus, Room 1C04, 885-0300 ext. 224. Report behaviours to Campus Security (Doon campus Room 2B10 ext. 3357) and/or the Police. All above services are confidential. Information on community support is available through your Counselling Office.





# Conestoga students concerned about possible faculty strike

By CHRIS BATT

Conestoga College students are anxiously waiting to find out if their teachers will go on strike in the new year.

Many students are upset with this possible labour dispute, especially after enrolment at the college increased by 20 per cent this fall.

"A strike will leave students in the dust," said April Carere, a first-year business management student. "I'm a mature student and I want to finish school as soon as possible."

Other students are taking a calmer approach, as a strike would not take place until next year.

"I'm not going to worry about it until January," said Nick Paul-Duddy, a first-year general arts and science student.

"They haven't held the

strike vote yet," said Brandon Fuerth, a first-year electronics engineering student. "A strike could hold me back though, if it goes on for a long time."

Negotiations between the Ontario Public Service Employees Union (OPSEU) and the council that represents Ontario's 24 colleges broke down on Nov. 12. After that, the colleges introduced a new contract that went into effect on Nov. 18, but was not supported by OPSEU. The union says it will hold a strike vote early next year.

On Nov. 23 it was announced that the two sides have agreed to go back to the bargaining table, and will meet today.

Up to 9,000 professors, counsellors and librarians could go on strike, effecting 200,000 college students in Ontario.

## TAKING TIME OUT OF HIS BUSY SCHEDULE



PHOTO BY NICOLE FRANK

Santa Claus arrived early this year at the K-W Christmas parade on Nov. 21. Children were encouraged to bring their letters to Santa and sing along with the Christmas carols.

# The hampers that save Christmas

By MICHELLE SOMMER

The House of Friendship in Kitchener makes Christmas better, one hamper at a time.

The charity organization does countless good deeds within the community, but one of the most significant acts of kindness this season is the Christmas Hamper Program.

"I appreciate their enthusiasm and their commitment to help others in their community who are in need."

— Tony Bender

The program this year is being held from Dec. 10-21. From Dec. 10-16 the hampers are being put together and packaged from Dec. 11-21 they are being delivered to needy families all over the community.

The hampers include essential food items supplied by the Food Bank of Waterloo as well as from community groups and individuals. Last year, thanks to the

Kitchener-Conestoga Rotary Club, the organization was also able to include turkeys and chickens in some of the hampers.

Every year the House of Friendship welcomes donations of food and money, not to mention much-needed volunteer help. The hours are flexible for students and other individuals who wish to volunteer. The program, which runs on weekdays in the morning and afternoon, allows for students to spend as much as six or as little as two hours a day volunteering. Students can even choose to volunteer for an entire day or week.

Tony Bender, the community services program director, says the best part of the program is working with the approximately 550 volunteers.

"I appreciate their enthusiasm and their commitment to help others in their community who are in need," he said.

For others who have time restraints but still wish to make a difference, a donation can be made directly to the charity. Bender says this year's most needed, non-perishable items are peanut butter, canned soup, canned beans in sauce and canned fruit.

Many families are appreciative of the hampers they receive, but others are uncomfortable. "They never thought they would be in a situation of needing help," said Bender.



PHOTO BY MICHELLE SOMMER

The House of Friendship in Kitchener delivers Christmas food hampers to those in need all over the community. This year's most needed items include peanut butter, canned soup, canned beans with sauce and canned fruit. Cash donations become vouchers that allow families to buy fresh products such as milk and meat.

## Donations sought for care packages for troops

By HEATHER MUIR

On Thanksgiving you expect to be sitting around the table enjoying your turkey dinner and spending time with your family. The last thing you want to be doing is saying goodbye to your son as he goes off to war.

Guelph resident, Dawn Pemberton, mother of Trooper Corey Pemberton, was just one parent who had to watch her son leave for Kandahar, Afghanistan.

Although she wouldn't be able to protect her son over there, she wasn't going to let him or the other troopers live in misery.

"In July we had a big barbecue for the troopers in Corey's squadron, and their families. It was then we made a goal to put together 100 care packages for the troops," said Pemberton.

The idea was so well received that Zehrs on Imperial Road, where she works, decided to support her in her goal.

Flyers were made up and handed out at the doors to customers asking for any help they could give in putting these care packages together.

"The boys and girls need stuff like shaving cream, razors, deodorant, sanitizer, sunblock and so on. They

aren't living in the best of conditions over there, and these little things mean so much," said Pemberton.

The first Support Our Troops Campaign was held Oct. 29 to Nov. 4, after which Pemberton had collected enough donations to make up 110 large care packages.

"I drove the care packages right to the base in Trenton so that they would be loaded on the plane there going over to the troops. This way they would get them faster," said Pemberton.

The care packages arrived a week and a half later in Kandahar.

Pemberton will be holding another Support Our Troops campaign in February.

If you would like to help support the troops by participating in the care packages program, they could use the following items: flat sheets, deodorant, sun lotion, hand sanitizer, lip balm, Hot Paws, beef jerky, disposable razors, shaving cream, postcards with stamps on them, Gold Bond foot powder, non-alcoholic mouthwash, toothpaste, toothbrushes, body wash, shampoo, playing cards, Tums, Roloids, Imodium and Odor Eaters for boots.

You can drop items off at the Spoke newsroom on Mondays from 9 a.m. to noon.



# Strike would hurt students

BY NICK DASKO

People like to feel appreciated, especially in the workplace. They also want to be treated fairly. If disgruntled they can go on strike to try and get what they want. This makes a lot of sense in private sector companies where workers often want more of the profit pie.

At public sector, non-profit institutions such as Conestoga College, however, a strike is not about getting a larger share of the profits, because there is no profit to get. Instead, strikes are often initiated because of issues surrounding workload, salary and benefits. It all comes down to perceived fairness.

In a perfect world employees would never have to fight for these things.

Unfortunately, Conestoga College does not exist in a perfect world. It exists in a universe where the school's faculty expects to earn more than high school teachers but less than university professors.

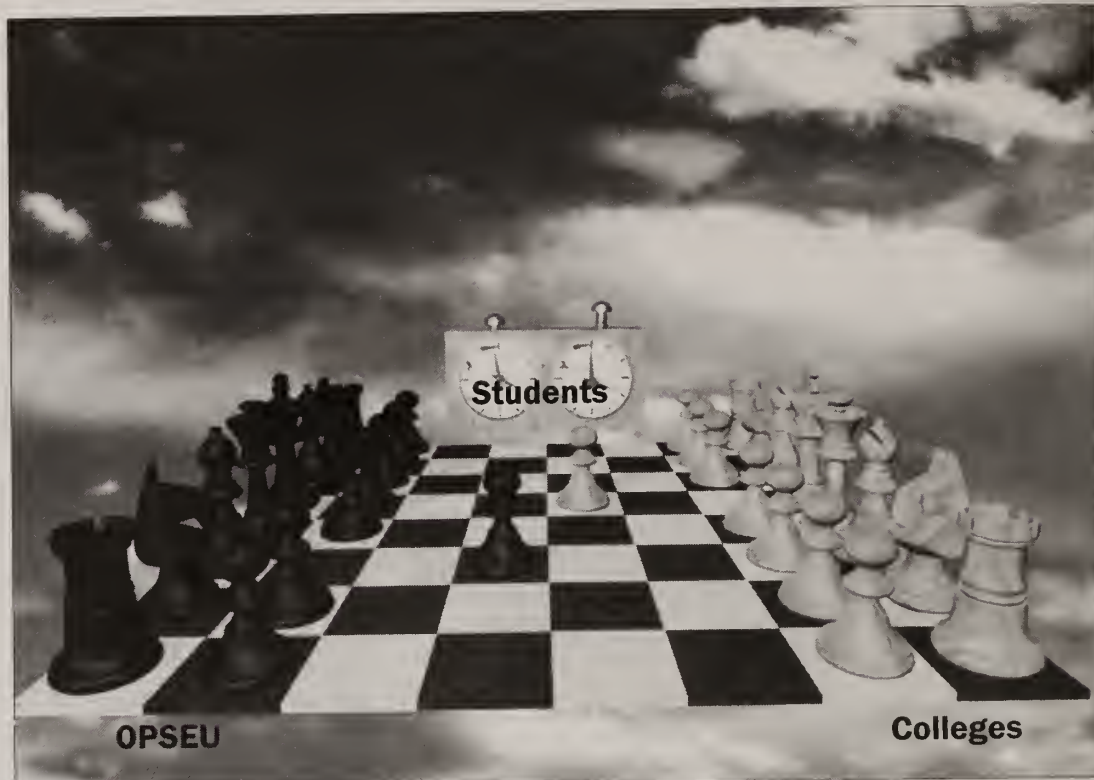
It exists in a universe where some of the faculty feels overworked, stressed and exhausted. Despite this, a strike is not an acceptable way of negotiating. When a strike occurs in a private company, say a manufacturer, the products of said manufacturer are held hostage. In a school, the students are the hostages.

Last year York University's students lost months of their lives waiting for a strike to end. They could not go home and get a job to earn money because they did not know when it was going to be over. Instead, they lost the first month of their summer as they had to return to school, rather than making some much-needed money at summer jobs.

Students are not bargaining chips or pawns. They are the focal point of the education system. When a debate occurs in a school situation, the first question should be "will this have a negative effect on students?" If this is not the first priority in a debate than things need to change.

An agreement should not come at the cost of students' welfare.

*The views herein represent the position of the newspaper, not necessarily the author.*



Students will once again be used as pawns if college teachers go on strike.

## Commercialism is ruining the true spirit of Christmas

Growing up in an atheist household meant celebrating Christmas with an elaborate party that my family spent months planning and paying off. It was commercialism at its best.

But last Christmas we decided to skip the overdone party and gift giving, save our money and take a family spring vacation. We had a simple dinner and focused on celebrating with loved ones. In the end it was our most memorable Christmas.



Lisa Bucher  
Opinion

gifts. I left Sherway Gardens with a pile of clothes for myself and a bill and lots of wrapping for my parents, but this was the first year it felt wrong. No sooner had I loaded my car with the gifts I had picked out for myself, then I had unloaded them and returned them all. It was only then that I realized last Christmas had made a huge impact on me.

When we are young and old we get it, but somewhere in the middle we lose sight of what is truly important. When we are young we are not influenced by money and give from the heart. We value those family moments. When we get older we value time and those moments we now take for granted. Somewhere in the middle we get sucked into the commercial side of

Christmas.

We become consumed with the presentation and the meal and strive for perfect memories. Usually all we remember after the fact is the stress. When I reminisce about childhood Christmases it's not the perfect Christmas I remember, it's the one that mom dropped the turkey on the floor and we had to quickly heat up a precooked ham. I have no idea what Santa Claus brought me when I was seven, but I do remember making gingerbread castles.

I think it's a cop out to blame big business such as Mattel and Hallmark for the commercialization of Christmas. If we didn't buy into the whole idea they wouldn't keep throwing it out there. I think as many of us struggle with religion, we also struggle with what Christmas should mean to us and how we should celebrate it.

Hopefully everyone will come to realize that expensive gifts and perfect parties can never replace spending quality time with loved ones.

When we are young and old we get it, but somewhere in the middle we lose sight of what is truly important.

However, lessons learned are soon forgotten. This year we decided to go back to our traditional Christmas and I found myself in the mall shopping for my Christmas

## SPOKE

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# Lie To Me worth watching

How can you tell if someone is lying to you?

That is the concept of Global's slow-starter hit, *Lie To Me*, starring Mekhi Phifer and Tim Roth. The series introduces a new age of forensic science by a privately owned firm who teams up with law enforcement to catch bad guys.

The show is based on the life's work of Dr. Paul Ekman, renowned former professor of psychology at the University of California Medical School, who has helped the FBI and CIA in numerous investigations.

Roth plays the cunning character Cal Lightman, who owns the Lightman Group, a



Alex  
Cooke  
Opinion

motley crew of intuitive people hired to interview suspected liars.

As a human lie detector, Lightman is respectfully curt, wasting no time with pleasantries. Instead, he delves straight into personal aspects of people's lives, and gauges their truthfulness by their unconscious reactions. Tightening of the eyebrows is

a clear sign of underlying anger, a slight curling of the upper lip is disgust or contempt and dilating pupils indicate surprise.

Lightman works closely with Dr. Gillian Foster, played by Kelli Williams. Williams, best known for her starring role in *The Practice*, is the mom of the show. Foster, perhaps Lightman's love interest, is a behavioural psychologist recovering from the death of her young daughter and the demise of her marriage.

And what is a crime-fighting team without its cranky, overbearing watchdog?

Mekhi Phifer has most recently starred in *ER*, as Dr.

Benjamin Pratt. Phifer plays FBI agent Ben Reynolds, who argues and complains about Lightman's renegade style.

A refreshing aspect of the show is the real-life examples of people in the public eye exhibiting telltale signs of deception.

Just as Lightman exposes a lie, there is a close-up of the culprit's face, then a series of close-ups of similar facial expressions of well-known liars, such as Bill Clinton, Milli Vanilli or George W. Bush.

Monica Raymund plays Ria Torres, the show's eye candy. A former airport security guard, Torres is recruited by

Lightman because of her uncanny ability to read people's body language, and coldly call them on their behaviour.

Lightman's personal life is only occasionally touched on, an ex-wife appears sporadically and their 14-year-old daughter lives with Lightman.

Having passed up the first season because it was on at 10 p.m., I am glad it is now on at 9 p.m., so I can relish in Roth's performances every week.

Not since Gil Grissom left *CSI Las Vegas* have I had an older, yummy and slightly ugly man to oggle.

And that's the truth.

## Holiday season can be costly

### These gift ideas can help your budget

I went to Conestoga Mall in Waterloo this weekend and I wasn't surprised when I was greeted by a winter wonderland. The mall was beautifully decorated with glimmering lights and fake snow as far as the eye could see. I quickly realized that Santa would be coming soon and I started to panic.

Christmas can be a very stressful time for myself and many other students. Money is tight and your list of people to buy gifts for seems to be getting longer and longer. I decided to sit down in the food court and develop a game plan. Here are some tricks I came up with to accommodate my strict budget and still give great gifts.

1. Gift baskets - These are a fun and cheap way to give someone an awesome gift. Filling a basket with little things and treats that you know the person likes is fun and shows the person that you really care about them. Cheap treats can be found at the Bulk Barn or even at dollar stores. Buying a bunch of little things makes it look like you spent a lot of money when you didn't.

2. Make a donation - Making a donation in a person's name is very classy. Find out what charity or movement the person really cares about and give the



Nicole  
Frank  
Opinion

organization \$10. The person will feel great about this gift.

3. Burn a CD - Burning a CD with the person's favourite songs is a great gift. It doesn't cost very much and it tells the person how much you really know him or her. You can also decorate the case yourself, giving the gift that homemade feel which everyone loves.

4. Everyone needs socks - Giving socks as a gift doesn't have to be boring. Pick out some cool ones based on the person's personality. Making a joke out of the present can also make the price less important.

5. Gift cards rule - Most people love gift cards and the best part is you can put any amount on them. Ten dollars might not be enough for anything in the store but it can be used toward a purchase.

I left the mall feeling better about my endless Christmas list, knowing I can make people happy on a small budget. Hopefully you can too.

## Reduction in salt applauded

Did you ruin a pair of boots last winter trudging through salt and snow? If so you'll be happy to hear that the City of Kitchener hopes to use less salt this year.

According to the City of Kitchener's website, [kitchener.ca](http://kitchener.ca), they have started an "anti-icing" program. Employees will apply a liquid application of a salt brine on top of the salt this winter, "because application in the liquid form reduces the bouncing and scatter of salt. It allows us to reduce our overall salt usage and the impact of salt on our environment."

Last winter Kitchener, Waterloo and Cambridge used almost 30,000 tonnes of salt. It is having a negative impact on the environment. In the past five years there has been a 15 per cent increase of salt in our local tap water.

In response to the increased salt usage the City of Kitchener has a "pre-wetting" plan. "On-board salt truck equipment, spray liquid deicers onto road salt, to speed up the reaction between the salt and ice which minimizes the amount of salt bouncing away from the road. This will reduce use of solid road salt by 10 per cent."

This winter residents should see a reduction of salt on the roads, but their safety shouldn't be compromised.

Parks Canada's website, [pc.gc.ca](http://pc.gc.ca) states, "Road salt is essential for safe winter driving but can be deadly to sensitive plants and animals, especially freshwater life. The main effect occurs within a few metres of the road but groundwater can



Stacey  
Falconer  
Opinion

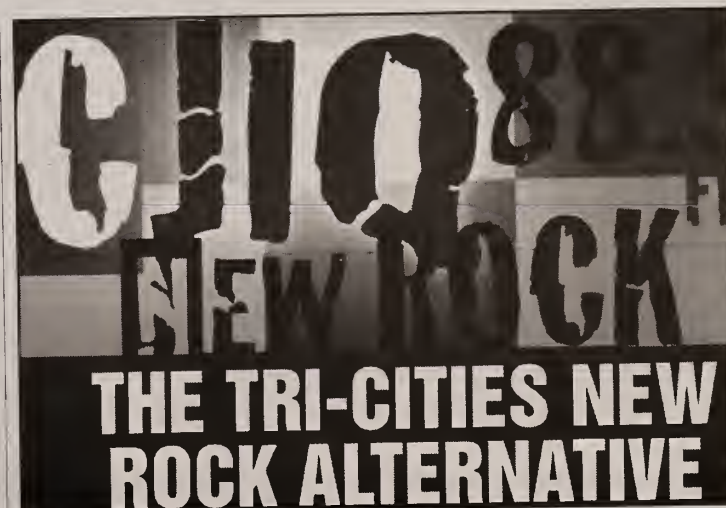
also get contaminated, potentially affecting drinking water."

Kitchener's attempt to reduce salt usage is a first step in helping the environment.

### HAVE THE SUMMER OF YOUR LIFE!

**CAMP WAYNE FOR GIRLS** is a children's sleep-away camp in northeast Pennsylvania (6/19-8/15/10). If you love children and want a caring, fun environment we need Counsellors and Program Directors for: Tennis, Swimming, Golf, Gymnastics, Cheerleading, Drama, Ropes Course, Camping/Nature, Team Sports, Waterskiing, Sailing, Painting/Drawing, Ceramics, Silkscreen, Printmaking, Batik, Jewelry, Calligraphy, Photography, Sculpture, Guitar, Aerobics, Self-Defense, Video, Piano. Other staff: Administrative, CDL Driver (21+), Nurses (RNs and Nursing Students), Bookkeeper, Nanny. On campus

interviews January 27th. Select the camp that selects the best staff! Call 1-215-944-3069 or apply online at [www.campwaynegirls.com](http://www.campwaynegirls.com)









## CRAFTSMANSHIP AND CREATIVITY ON DISPLAY AT FAIR NOVEMBER



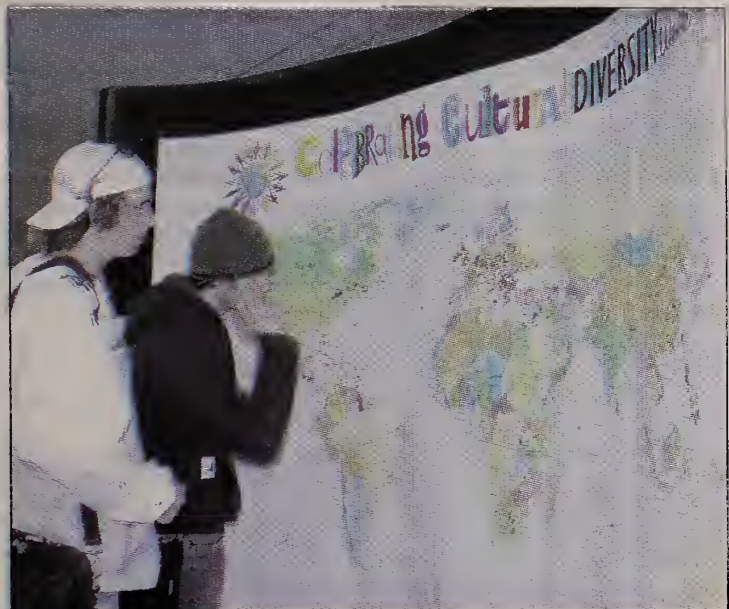
Above centre, Fixeight, fun, quirky characters that decorate clothing, were featured at Fair November, held at the University of Guelph Nov. 16 to 19. The 32nd annual exhibition and sale of fine Canadian crafts featured everything from stained glass and pottery to jewelry and quilting.

Left, Déjà vu Designs Recycled Textiles was selling leg warmers and fingerless gloves. Erin Stewart, 17, models the gloves.

Above right, Alma Glass Studio had a booth at Fair November selling glass snowflakes. The business, located in Alma, Ont., also offers Christmas snowflake workshops.

**PHOTOS BY LISA BUCHER**

## CULTURAL DIVERSITY AT CONESTOGA COLLEGE



Student Life and the multicultural club organized an event celebrating cultural diversity on Nov. 18.

Above, first-year TV broadcast students Gerard Fegan, front, and Kyle Lacelle put red dot stickers on the places they feel connected to on a map of the world. Fegan put his on Ireland and Lacelle on New Brunswick. In an effort to share the diversity of Conestoga College, students were encouraged to identify the place they feel connected to while studying at Doon campus.

Right, the only two male models in a fashion show were Steve Taylor, left, and Leon Johnson, who wore comfortable pajama-style kurtas for men. Top centre, models Christina O'Connor-Wong and Sehar Rizwan are all smiles as about 50 students applaud their fashion show.

Far right, a barefoot Smeeta Sharma thanks friends and other members of the multicultural club for their help in organizing and modelling in the 15-minute fashion show.

**PHOTOS BY ALEX COOKE**







PHOTO BY NICOLE HANNUSCH

Sugar Sammy appeared in the Sanctuary on Nov. 20 as part of his Canadian college tour, which wraps up today at Durham College in Oshawa, Ont.

## Sugar Sammy has fun making fun of students

By NICOLE HANNUSCH

Students who spent their lunch in the Sanctuary on Nov. 20 were in for a side-splitting treat, as comedian Sugar Sammy took the stage for an hour of entertainment. Sammy, whose real name is Samir Khullar, poked fun at a wide range of topics, from relationships and dating to terrorism and boy bands.

Audience members were often the subjects of Sammy's amusement. One member of the front row was teased for his "bad boy" apparel, and was described as the member of a boy band who only gets to speak a few lines at the beginning of a song.

"Baby," Sammy crooned tauntingly in his best Backstreet voice, "You know I never meant to hurt you."

Later, a girl a few rows back was playfully teased for yelling "Lies!" during an explana-

tion of Sammy's take on dating.

"He was really funny," said second-year advertising student Rylee Weber, who was in the audience.

"I'm glad he didn't pick me out of the crowd, I wouldn't know what to do."

Conestoga was the fifth stop on Sugar Sammy's current tour, which will be hitting a total of 16 colleges and universities across Canada.

Sugar Sammy is a Canadian born to two Indian parents, who performs his comedy shows in English, French, Hindi and Punjabi. He got his start on Just For Laughs, and has been part of the comedy festival for the past six years.

His HBO special, Sugar Sammy Live in Concert, was filmed in June 2009 and will be airing in Canada throughout November and December.

## Margaret Trudeau speaks frankly about mental illness

By MITCH MUIR

She was all smiles the entire evening.

Margaret Trudeau, who together with The United Way is trying to raise awareness about bipolar depression, was at Federation Hall at the University of Waterloo campus Nov. 19 to talk about her life and her battles with the illness.

Sponsored by Manulife Financial, the 2009 Leadership Donor Thank-you Event was held for those who have donated \$1,000 or more to The United Way of Kitchener-Waterloo this year.

Trudeau was the guest speaker. She said it wasn't until after her second child, Sasha, was born that she felt overwhelming depression.

"He (Pierre Elliott Trudeau) was as bewildered as I was after (Alexandre) Sasha was born," said Trudeau. "I didn't want to feed (my first son) Justin or play with him, and he was a prince at two years old."

They attributed the mood swings to postpartum depression, and even after receiving treatment for it, doctors still didn't realize it was much more serious. Even after Sasha was born, her family kept the problems secret from the public until 2006.

Bipolar depression is a debated topic. Some researchers say it's caused by chemical imbalances in the brain while other experts say it has more to do with our body reacting to psychological references.

"My brain is missing chemicals, and I didn't know I was bipolar until after I married Pierre," Trudeau told the 100 people in attendance at Fed Hall.

Experts believe that one in five people will suffer from bipolar depression, but Trudeau believes that ratio is more like one in three.

"If you don't suffer from it, you will suffer collaterally from someone in your family," she said.

The death of her youngest son Michel left her in a horrible state. He was killed in an avalanche while skiing at Kokanee Glacier Provincial Park in B.C. in 1998.

"What I underestimated was the power of grief," said Trudeau. "I told everyone to leave me alone and everybody

did, when, in fact, it's the opposite."

She encourages everyone to get help for people who they believe may be depressed.

"I thought I could do it myself. When you're mentally ill, you can't be your own advocate."

Jan Varner, CEO for The United Way of Kitchener-Waterloo and area, believes Trudeau is an amazing figure to speak to people about mental health.

"She starts the conversations, and that's so important in anything we do in life. We need that support, and if you don't know what's happening, nobody can reach out to help you if we don't know you need it."

Varner was very pleased with Trudeau being selected as the speaker this year.

"Her candour and her name allow us to listen in a different way that some others can't be heard."

Varner said there are no plans to ask Trudeau back as the keynote speaker, but has left the door open.

"I'd love to have her back if it was appropriate."

Steve Parkin, the 2009 chair of leadership giving, is in his second year in that role. Parkin said Manulife has played a key role in this event for the past three years.

"Manulife Financial, for the third year in a row, is the executive leadership sponsor for the campaign. It (Manulife) runs yearly United Way fundraising campaigns at each location across the country."

Meg Lagrotta has been working for The United Way for almost two years after receiving a diploma in public relations at Conestoga College. She believes the thank-you event is a great idea to recognize the donors who give yearly to great causes.

"This is primarily to thank them for those donations and give them a gift. This event is entirely free to them, (including) the drinks and hors d'oeuvres; it's an exclusive event."

Last year The United Way achieved their goal and raised more than \$5.3 million. The donors recognized at this year's event accounted for 30 per cent of the total money raised, coming forward with \$1.7 million.



# Volunteers push to launch halfway house for women

By HEATHER MUIR

At the mention of a halfway house, people get upset and band together in protest.

No one wants people living nearby who have just been released from prison.

But in Waterloo Region it is a different story. It's a group of residents that's working to launch a halfway house, one that is for women on parole from the Grand Valley Institution in Kitchener.

A social services agency is usually responsible for establishing a home like this.

The volunteers at the prison have started looking for a house that will bed eight federally sentenced women on parole.

"There are halfway houses in Brampton, Hamilton, Dundas, Barrie, London, Toronto and Ottawa, but nothing that was local," said Dave Roach, a Waterloo Region real estate agent who volunteers at the prison.

There are over 250 volunteers at the prison who escort prisoners to services at local churches and other houses of worship, and help lead various faith-based programs and worship services inside the

prison on Homer Watson Boulevard.

"It can be scary for the women having to go to a different city to a halfway house, because it may not be in a safe part of town. Most of them want to stay locally," said Roach.

"What makes this very unique for us is instead of being the Salvation Army, we're talking about volunteers who got together to say we want this halfway house to happen," said Rev. Rosemary Redshaw, the prison's full-time chaplain.

The volunteers are looking at either buying a house and running it independently or partnering with the organization Ray of Hope, a local Christian agency that runs two homes in the region for young offenders.

Roach said the operating cost of the halfway house, that would be staffed 24 hours a day, would be around \$500,000 a year.

This money would come from contracts with Correctional Services Canada.

"Last fall we formed a committee of interested volun-

teers that was behind this initiative that Rosemary, my wife Judy and I had started. From that committee we formed an organization and the committee decided to call the property Redshaw House. From there we registered a charitable organization called The Women's Halfway House of Kitchener-Waterloo Region to be operated as Redshaw House," said Roach.

The house was named after Rosemary Redshaw, the full-time chaplain, who has been working at Grand Valley Institution since it opened in 1997.

The halfway house will have the same volunteers who volunteer at the prison, giving the women on parole familiarity.

The house will be in downtown Kitchener where it is close to social services and programs for the women.

Even the security guards at the prison are on board to help in anyway they can to get the halfway house running.

Roach and Redshaw are hoping to have it operating in 2010 but know that realistically it may not happen until 2011.

## DONATE TO HELP A CHILD'S CHRISTMAS

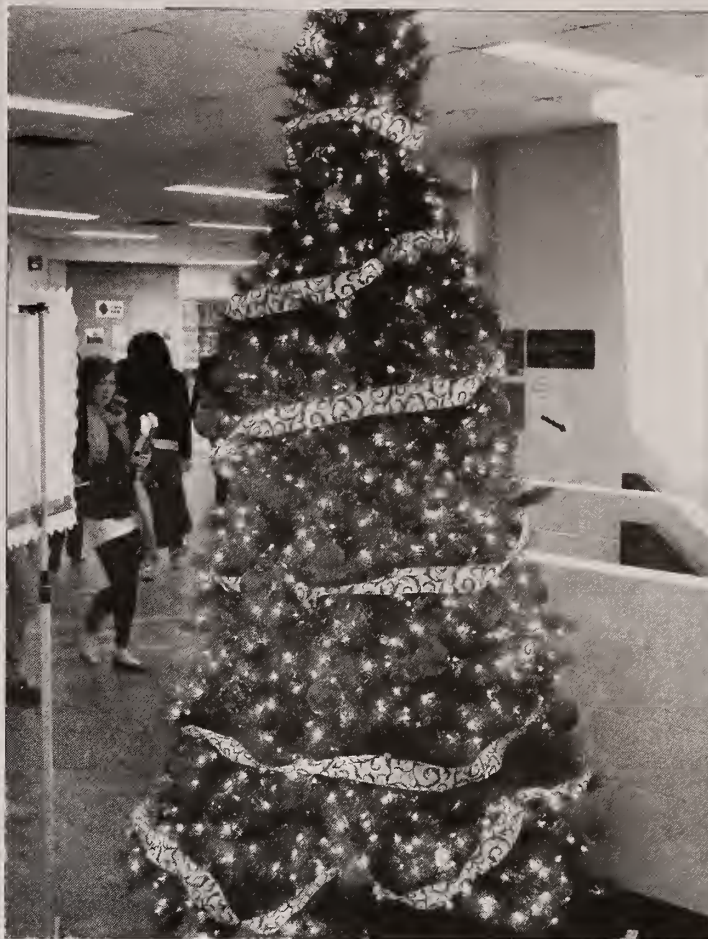


PHOTO BY MITCH MUIR

The Christmas Wish tree has been set up outside the library for students who have children and are financially unable to buy gifts for Christmas. Students can register to receive a gift by filling out an application at the CSI office. Donors will sign up and select a child or family to buy for and bring the gift back. CSI will then notify the family that the present is in.

## Thermography becoming popular

By NICOLE FRANK

Stepping into the old, restored house at 9 Cameron St. in Kitchener, one might feel lost. However, once upstairs, you will realize you have found a place that could change your life.

Mary Kubisewsky opened the first thermography clinic in Kitchener one year ago and recently relocated to her new office on Cameron Street.

The fresh coat of pale green paint and all the extra room is proving to be relaxing for Kubisewsky and her patients.

"I try to make the experience as pleasant as possible," Kubisewsky said.

Thermography is a procedure that takes images of the breast that are then analyzed by a doctor to determine the risk of developing breast cancer. Abnormal cells produce more heat and are therefore detected in the images.

Kubisewsky first performs a cold water test on all of her patients. Once the patient has reached room temperature, they put their hand in cold water for one minute.

This causes the breast to constrict and if there is something abnormal, it wouldn't be affected by the cold water and would still show on the digital image as warm.

Kubisewsky has a constant flow of patients and admits she might have to extend her hours of operation.

"Now that I'm here, it's spreading like a wildfire," she said.

Kubisewsky celebrated five years of being breast cancer-free on Nov. 8. She is excited to be celebrating this major milestone with her family and friends.

"I'm a survivor," Kubisewsky said.

She wishes she knew about thermography years ago because it is such a defensive tool for all women to use toward breast health.

The procedure costs \$175 and is not covered by OHIP but Kubisewsky is in the process of trying to change that.

To make an appointment or for more information call 519-575-6801 or visit [www.thermographyclinic-kw.com](http://www.thermographyclinic-kw.com).

## POSING LIKE EGYPTIANS DURING INTERNATIONAL WEEK



PHOTO BY CHRIS BATT

First-year international business management students Keegan Duffy, left, and Troy Hill celebrate international week on Nov. 20 with a display featuring Egypt.





## HOROSCOPE

Week of Nov. 30, 2009



## Aries

March 21 -  
April 19

You will be shocked to find out that people actually like LMFAO. Even more shocking is an act that bad sells out their concerts.



## Libra

September 23 -  
October 22

You will spend a good chunk of your week reading the fantastic books penned by Douglas Coupland. Watch for paper cuts.



## Taurus

April 20 - May 20

On Thursday a rabbit will attack you. This will not give you superpowers. It may, however, give you rabies or some other disease.



## Scorpio

October 23 -  
November 21

This Friday will be spent listening to the excellent music of the Dropkick Murphys. You may look silly if you start dressing like members of the band.



## Gemini

May 21 - June 21

You will get into a fight with a rooster. A rooster is a chicken but he will not run from this fight. Watch for the beak and claws.



## Sagittarius

November 22 -  
December 21

You will see a toddler riding around on a Great Dane on Wednesday. You will then step in the giant poop left by the dog.



## Cancer

June 22 - July 22

At some point this week you will get hit in the nose with a can of peaches. You will get to keep the can of peaches.



## Capricorn

December 22 -  
January 19

You will sell some of your stuff in exchange for Canadian Tire money. You will be quite angry when you find out this money is counterfeit.



## Leo

July 23 - August  
22

On Friday a person in a mascot costume will annoy you for at least a half hour. The worst part of this is the smell emanating from the suit.



## Aquarius

January 20 -  
February 18

You will enjoy the music of AC/DC all week. Be careful not to listen to them with your headphones on too loud. You may go deaf.



## Virgo

August 23 -  
September 22

Your weekend will be spent watching films from the Blaxploitation genre. Too much TV can hurt your eyes so be careful.



## Pisces

February 19 -  
March 20

At some point this week you will glue yourself to another part of your body. This will amuse those around you a great deal.



Nick Dasko is a second-year journalism student who makes these up for your amusement.

# HST: good for big business, bad for everyone else

Dalton McGuinty and his Liberal government's move to introduce a harmonized tax in Ontario has been criticized heavily and as the July 2010 date to implement the tax creeps closer, it is proving difficult to rally support.

The new harmonized tax will combine the federal and provincial sales tax into one 13 per cent HST. The tax is designed to help businesses, therefore helping out Ontario's maligned manufacturing industry. Unfortunately, it seems that the tax will have the opposite effect.

In a National Post article earlier this year Cyndee Todgham Cherniak, a trade and tax lawyer at Lang Michener in Toronto, said she believes the HST is no more



Dane  
Brason  
Opinion

than a money grab and that it will likely drive more business offshore. She warns that it will negatively effect smaller- to mid-sized businesses as they will lose their competitive advantage in the service industry. U.S. companies and those from other provinces may decide to get their services from companies outside of Ontario, thus saving 8 per cent. And Ontarians will have to now pay tax on many everyday items such as your morning cup of coffee, hair-

cuts, shoes and heating, so who is really benefiting from the HST? The everyday Joe suffers while the government and big businesses continue to pad their wallets.

The HST will likely end McGuinty's reign as premier but the tax will remain long after he is gone, the same way the GST never went away like was once promised. In a time when people are struggling to keep their jobs and pay their bills, why would the government want to implement a tax that is going to hurt those same people.

It is time for Ontarians to act and force the government to reconsider implementing the HST. Send McGuinty emails voicing your concerns to [financecommunications.fin@ontario.ca](mailto:financecommunications.fin@ontario.ca).

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mutual respect

Thank You for Being the Difference



# Sports fans still show up despite losses

By GREG COWAN

Patience is a virtue, and Ontario sports fans have been stockpiling it.

Even though most of the professional teams in this province struggle to remain relevant in their respective leagues, their fans are hanging in tough. Rather than study for the big exam, an Ontarian fan will watch the third period of a blowout loss, and that is the foundation of a turnaround.

It has been 16 years since the Toronto Blue Jays brought home a championship. To put that in perspective, most Conestoga students would have still been playing T-ball.

Compared to the other major pro sports, a 16-year wait feels like a bus transfer.

The Toronto Maple Leafs are struggling through another regrettable season. There hasn't been a Stanley Cup parade down Front Street since 1967. To put that in perspective, here is a hypothetical quote from that time period: "No Mr. Armstrong we aren't crazy, you are going to walk on the moon."

I am told the Ottawa Senators still play hockey, but haven't been able to find an eyewitness to back up that claim. Even so, the Senators

haven't won a Cup since games were played between tea times and with no forward passing.

The Toronto Raptors are celebrating their 15-year existence this year. I guess they beat the Vancouver Grizzlies in that regard.

But, in that time the team has only earned a division championship banner, and by "earned" I mean decided to hang one up beside the "inaugural season" banner so they wouldn't look completely pathetic.

It's a shame that some of the most loyal fans in professional sports are not being rewarded. Both the Raptors and the Leafs are top 10 in attendance figures this year, and despite my earlier exaggeration, the Senators are in the middle of the pack. The Blue Jays' numbers have dipped since their championship years, but are still averaging over 23,000 fans a game.

For the most part, fans have stayed put in their season seats waiting patiently for the turnaround. Time will tell if our blind optimism will eventually pay off, but, because of fans paying to see the games regardless of the circumstances, major professional teams in Ontario will always have a fighting chance.

## PLAYING THE 'ROYAL GAME'



PHOTO BY ALEX COOKE

Chess and checkers fans were right at home in the Sanctuary Cafe on Nov. 18. An informal tournament was put together by Mario Anglin, director of social programming for CSI at the Doon campus. Wanting to cater to students, Anglin organized the fun after some requests. In all, seven games of checkers and three games of chess were set up. There was no champion or winner, just friendly competition to pass the time. Above, electronics engineering technology student Ivan Jovic takes on computer engineering technology student William Findlay in a friendly game of chess.

## HELPING MARIO SAVE THE DAY



BY FREEMAN CARTER

Campus Gamers' Fareed Quraishi, left, who is in charge of alumni support, takes time out of his day to help (and hinder) his fellow gamers Mike Cicciarella, Trevor Goodman, Dave Hatch and Aaron Moser in the Nintendo Wii game New Super Mario Bros. This event helped increase awareness about Campus Gamers, raised money for the charity Child's Play and showcased some of the holiday game releases.

# Condor runner fourth at national championship

By MITCH MUIR

Conestoga's own Jason Smith finished an amazing fourth at this year's national cross-country championship.

The event was held Nov. 14 in Camrose, Alta.

Smith, a second-year engineering architecture student, won the OCAA individual title earlier this month, beating Fanshawe's John Mason and Biemnet Yemane for the top spot. The London runners finished seventh and eighth at the nationals respectively.

Dave Sharratt, also from Conestoga, came across the

line in 26th in Camrose, just ahead of fellow teammate Francis Coral-Mellon.

Other Conestoga runners in the championships were Erik Vicujnik and Alex Hunak, who finished 37th and 48th out of 77 runners.

With an average running time of 29:13, Conestoga took sixth overall as a school in Canada for the event, and second for Ontario. Smith was the best runner there for the OCAA conference.

At the Canadian College Athletics Association championships, Willy Kimosop and Ed Kangogo, both of

Lethbridge College, swept the top two spots with Olivier Collin of Ahuntsic college in Montreal closely in tow.

Kimosop was the recent winner of The Vancouver Sun Run, a 10-km race, with a time of 29:05.

Heidi Bechtold of Conestoga finished 45th in the women's run in her first appearance at the national championship.

Bechtold was the only female Conestoga runner and she crossed the line with a time of 22:45 in a 5-km run.

Liliane Sparkes of Fanshawe won the event with a time of 19:11.

## Here are the winners of the 'Do You Study' survey

Throughout October, a number of students participated in a survey open to those enrolled in the School of Business and Hospitality. The survey asked them to identify the different ways they might prepare for an exam. In return for participation, their name was entered into a draw for a series of prizes. The following School of Business and Hospitality students have won a prize:

**Ipod Touch**  
Bobby Keomany  
Kayla Simard  
Stephanie Crowston

A gift certificate valued

at \$50 for food services

Christopher Drews  
Jordanna Pendon  
Linda Marques  
Nadir Chaudry  
Yedu Wang

A gift certificate for the bookstore, valued at \$100

Gregory Benoit  
Jason Hamilton

If your name is listed here, contract Trish Green in the LRC at pgreen@conestogac.on.ca to pick up your prize. You will need to present one piece of photo identification.

The results of the study will be published in 2010.

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# Christmas Wish Tree

*Make a Child's Christmas Wish Come True!*

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to get a CHILDS WISH CARD.*

*On it you'll find their Christmas  
gift wish that you can purchase  
and return to the CSI office.*

*For children 12 and under only.*

*For more information  
visit the CSI office  
in Room 2A106*

*November 16<sup>th</sup>  
till December 11<sup>th</sup>*

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